



County Stamp Box



STATE OF CALIFORNIA
Arnold Schwarzenegger, Governor

HEALTH AND HUMAN SERVICES AGENCY
Kimberly Belshé, Secretary

DEPARTMENT OF SOCIAL SERVICES
Dennis J. Boyle, Director

PUB 275 (4/05)
OSP 05 89596



Family Planning. . .



Making the Commitment for a Healthy Future



Find out what family planning can do for you.

Your local family planning provider can give you:

- ✧ Birth control information, methods & supplies to help you prevent an unplanned pregnancy
- ✧ Screening and testing for a variety of reproductive health concerns including:
 - Breast & cervical cancer
 - Sexually transmitted infections
 - HIV / AIDS
- ✧ Counseling to help you make good decisions about your reproductive health and to think about the number and spacing of your children
- ✧ Information about how to talk to your partner and children about reproductive health issues
- ✧ Confidential services by caring providers

Family planning services are available:

- ✧ For men and women, including teens
- ✧ In your community from a variety of health care providers
- ✧ For no- and low-cost



For information about family planning services contact your doctor, county department of health, your health care plan, or the California Family Planning Hotline at:
1-800-942-1054.

Do it for yourself. Do it for the ones you love.